



Hot Weather Plan: Darlington Primary School

Background

Extreme heat or heatwave is a period of unusual and uncomfortable hot weather that can negatively affect health. Children and young people are more susceptible to heat stress.

For this reason, the school recognises and responds to heat related illness and have strategies to manage the risks associated with extreme hot weather and heat wave.

We recognise and treat heat related illness and have strategies in place to manage the risks associated with periods of extreme heat, including early intervention, prevention and preparedness measures.

The school does not close at a certain temperature threshold during days of extreme heat. A decision to close any school is made by the Deputy director General Schools in consultation with the Director of Education.

Being Prepared

It is important that school staff know the signs and symptoms of heat stress and how to respond. Treatment options vary according to the type of heat-related illness. If a student, staff member or visitor shows any sign of heat exhaustion or heatstroke, schools must apply first aid and seek medical assistance immediately.

Some heat-related illnesses and common symptoms include:

- deterioration in existing medical conditions
- heat stress – including dehydration, heat rash and heat cramps (muscle pains or spasms).
- dizziness and fainting
- heat exhaustion — warning signs may include paleness and sweating, rapid heart rate, muscle cramps headache, nausea and vomiting, dizziness or fainting.
- heatstroke — the person may stagger, appear confused, have a fit, collapse and become unconscious. This is a medical emergency and requires urgent attention.

For more information please refer to the Healthy WA Website: [Heatwaves – be prepared for extreme heat \(healthywa.wa.gov.au\)](https://www.healthywa.wa.gov.au/heatwaves)

During a period of extreme heat the school will:

1 Communicate

- Notify parents/carers about upcoming weather conditions and remind them to provide their child with extra water, sunscreen, icepacks in lunch boxes.
- Remind staff of school procedures to manage the period of extreme heat.

2 Review and make adjustments to school operations

- Review timetabled activities and duty rosters prior to the commencement of the school day and modify any activity that could add to heat related illness of staff and students.
- Reconsider events where adequate shade is not able to be provisioned for students, staff and visitors.
- Keep all students inside or under cover during break and eating times.
- Limit outside play and provide alternative inside activities during break times.
- Postpone any planned vigorous activity.
- Modify physical education lessons and not undertake them outside.
- Postpone athletics and swimming carnivals.

- Allow drink bottles in classrooms, including the provision of refilling water bottles.

3 Consider adjustments to the physical space

- Close any internal and external blinds to keep out direct sun.
- Use portable shade structures if required.
- Educate and encourage students and school staff to stay hydrated.
- Review first aid kits and consider the inclusion of additional ice packs and hydrolytes.
- Review students with known medical conditions and triage support for those more likely to be impacted by the heat.
- In consultation with staff who work outside (e.g., gardeners/physical education teachers), reallocate their duties

Responding

In the event of a disruption to essential services during extreme heat (such as loss of power or water), the school will:

- Report the fault to the Department of Finance Maintenance service centre on 13 21 34
- Report to Capital Works and Maintenance on 9264 4212
- Notify the regional office director of education.